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News Capsule

Academy of Student Pharmacists - University of the Pacific

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WELCOME

The News Capsule is a bi-semesterly ASP-sponsored newsletter. We always welcome suggestions or comments about how to improve the newsletter. If you have any ideas or if you would like to submit an article, please e-mail us at:

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Inside the News Capsule

Features

Rho Chi Talent
Show 1-3

Section I

National and
International
Organizations 4-10

Section II

Pharmacy School
Committees 11-19

Section III

Professional
Pharmacy Greek
Organizations 20-24

Rho Chi Talent Show

Benjamin Fong

News Capsule Editor

Pacific's annual Rho Chi Talent Show was held again this year on March 19 with the official title of "Circus Rx: The World's Greatest Talent Show." It was held in Rotunda 103 and sold out at about 350 seats. On this night the Rotunda building, usually known to first-year students as a site for early-morning learning and vigorous note-taking, was transformed into a wondrous stage with performances and skits.

In the words of Rho Chi Beta Omega Chapter Historian Kristina Benson '14, "The Rho Chi Talent Show is put on every year to let pharmacy students display talents that they don't normally get to show off. It is a different event because it is one where everyone can let loose and have fun while seeing their peers in a different light."

The talent show began with a lighthearted video featuring the emcees of the night, Nani Srikonda '14 and Trever Cox '14, after which they came on stage and started the



Photo by Scott Harada

First-year students, Marc Edmundson and Anna Wy, give a first-place winning performance.

Features (Continued on page 2)

Features (Continued from page 1)

show. The program included instrumental performances, dance, singing and musical skits. While all of the acts were fun and entertaining, four stood out in particular.

First place was given to Anna Wy and Marc Edmundson who sang "I Will Always Love Someone Like You." Second place was given to Sayli Natu and Anup Patel

who danced "Bollywood Ruckus." Third place was given to Brothers of Rho Pi Phi who performed "Rho Pi Phi Secret Beat."

There was also an award for Best Fraternity Performance, which was given to Rho Pi Phi for their cinematic "007: Manganese is Forever" skit which featured their very own "Wayne Bond"

character as well as smooth dance moves to popular music.

Three faculty members – Dr. DeGuire, Dr. Patel, and Dr. Galal – were the guest judges for the first half of the night, adding a television show-like feel to the talent show through their entertaining feedback and critiques of performances. One of their most important jobs was choosing the first, second and third place winners for non-fraternity performances, which made up the first half of the talent show. The second half of the night was devoted to fraternity performances and were judged by a new set of three student Rho Chi member judges, who decided the winning fraternity. There were also raffles throughout the night for \$10 and \$20 prizes, as well as gift cards for movies, Walgreens and Subway. Refreshments such as water and cookies were sold in the Rotunda hallway.

We must not forget that the success of the talent show was made possible only through the hard work of Rho Chi members in planning and carrying out the show. Planning started all the way in January to find a date that fit with both first and second year student schedules as well as the schedules of fraternities and professors. After the date was decided, Rho Chi members split up into different committees and began to work on their designated jobs. There were a total of 8 teams – emcee team, judge team, decoration team, ticket sales/raffle/refreshments team,



Photo by Scott Harada

Rho Chi members, Cynthia Song and Hyun Jung Kim (left to right), assisting behind-the-scenes

Features (Continued on page 3)

Features (Continued from page 2)

scores team, promotions team, performance team and tech team – each of which had a board advisor and a chair who was in charge of making sure

all tasks were completed on time.

While not all performances were video recorded, a select few may be found on social

networking sites and video tube sites. But the best way to experience the talent show is to attend in person. Look out, Rho Chi Talent Show 2014!

Rho Pi Phi members, “Wayne Bond” Wayne Chen and Lili Kolozyan in “007: Manganese is Forever.”

Photo by Scott Harada



Dr. Patel, Dr. DeGuire, and Dr. Galal (right to left) commenting on performances.

Photo by Scott Harada

SECTION I

National and International Organizations

Minding Manners at the Etiquette Dinner

Bryan Lian

ASP-ASuop Senator

The etiquette dinner held at the UC Ballroom on March 8, was a huge success as over 50 people went to learn the proper ways of dining, whether it is at a dinner party or at a business meeting. Second year pharmacy student Robneet Athwal spent a lot of time putting this event together, finding pharmacists from different pharmacy fields to come have dinner with our students, making this event not just about dinner etiquette, but also about networking.

Some pharmacists in attendance include Dr. Ed

Sherman, Dr. Jason Bandy, Dr. Richard Abood, Dr. Ronnie Naidu, Dr. Dipam Doshi, Dr. Ross Bauman, and Dr. Matt Serna. Our students' etiquette coach was Mary Claire Attebery.

As they sat down, attendees were served appetizers and instructed on how to give a toast at a wedding. Two of our students had the opportunity to role-play as a couple who had just gotten engaged, while another student gave a toast. The student who gave the toast was instructed on how to get everyone's attention and how to give a toast while the "couple" was instructed on how to receive a toast.

During dinner, we were

taught the proper way to use the utensils, drink, pass food, use a napkin, and break bread. There was a reason for every proper method. For example, food is served from the left and passed to the right because the right hand is the strong hand. Another example is when leaving to go to the bathroom, the napkin is left dirty-side-up so that the chair doesn't get dirty when you sit back down.

This event was fun, educational and memorable to everyone that attended. I recommend that students attend this event next year, whether you are in it for the food, etiquette practice, networking or just want to take your date out somewhere.

Section I

ASP	4
AMCP	5
ASCP	6
CSHP	7
IPSF	8
NCPA	9
NCCCP	10



Photo by Scott Harada

Mary Claire Attebery coaching on proper etiquette.

Students Compete in AMCP-Pacific's P&T Competition

Joanna Quach

AMCP Co-Public Affairs Officer

On February 1, pharmacy students participated in the Pharmacy and Therapeutics (P&T) competition, which was sponsored by the Academy of Managed Care Pharmacy (AMCP) and the Foundation for Managed Care Pharmacy (FMCP). The competition exposed students to the process of formulary management while giving them the opportunity to practice evidence-based decision making in a pharmacy setting.

A P&T committee is responsible for developing and managing formularies used by health care systems, including what medications should be covered under a formulary. As part of the P&T competition, AMCP students worked in teams of four to analyze a product dossier and decide whether to include the drug on a health care system formulary or not. This year the product in question was tapentadol (Nucynta ER), a scheduled II opioid, for the treatment of neuropathic pain associated with diabetic peripheral neuropathy (DPN).

Beginning in December and continuing over a span of two months, the participating teams were required to conduct extensive research for the drug in question and the disease state. Treatment alternatives, clinical safety



Photo by Jennifer Nguyen

From left to right: Jason Kurian, Joanna Quach, Linda Kalamkeryan and Emily Chiu

and efficacy data, as well as pharmacoeconomic data were assessed in order to prepare a 15-page monograph and 15-page report on Nucynta ER. Thirteen teams originally signed up for the P&T Competition and five teams eventually submitted their reports. Of the five teams, three teams were chosen as semifinalists and presented their recommendations to a panel of judges. The winning team consisted of Emily Chiu, Linda Kalamkeryan, Jason Kurian and Joanna Quach.

The written materials from the AMCP-Pacific team were submitted to the national

P&T competition. This year, a record number of 34 schools participated in the national competition and eight finalist teams were invited to present at the AMCP Annual Meeting in San Diego. Unfortunately, the Pacific team did not place in the top eight.

We would like to recognize all the students who dedicated many hours of hard work into their submission. We would also like to thank Drs. Allen Shek, Johanthan Yeh, Jonathan Szkotak, MaryBeth Derbyshire and Johanna Liu for reviewing the submissions and judging the oral presentations.

Unforgettable Night at Senior Prom

Diane Nguyen

ASCP Co-VP of Public Relations

Fifty seniors attended ASCP-Pacific's Third Annual Senior Prom this year. Thanks to the lovely guests, student volunteers, and Pacific jazz band, prom night was a great success.

The theme for 2013 was "Fly Me to the Moon," which made for a dreamy and elegant atmosphere. Upon arrival, seniors took the opportunity to have their pictures taken in front of the dazzling backdrop, which featured a starry moonlit sky. After various poses, guests reported to the photo station, where they chose their favorite photo and picture frame. Volunteers at the photo booth printed and framed these photos, which were then delivered to guests' tables.

In addition to music and mingling, a delicious dinner was provided for guests and volunteers. Senior Prom's elegant buffet consisted of crackers and cheese with spinach dip and hummus, sandwiches, crudités, eggrolls, and spanakopita. For dessert, guests enjoyed bundt cake and an array of colorful fruits, while a charming video of ASCP-Pacific events and Pacific's health fairs was displayed.

Of course, a senior prom would not be complete without the prom king and queen. A raffle drawing determined the newly crowned, and Senior



Photo by Jonas Sung

Prom Queen, Julie Gaspar, and her dance partner sway to the music at Senior Prom 2013.

Prom's king and queen were given their royal sashes. This year's prom queen, Julie Gaspar, is the winner for two consecutive years. When asked what she liked about Senior Prom, she stated, "It's really fun for the young and old. The seniors get to feel young again, dancing and being around the younger people; it's a great event."

Senior Prom was an unforgettable night enjoyed by both seniors and students. For seniors, it was a fantastic way to socialize and celebrate

health by dancing the night away. For pharmacy students, Senior Prom provided an opportunity to have fun and to gain a better understanding of the generation that they will be caring for in the future. We had a wonderful time and hope we can do this again next year!

Special thanks to Dr. Nancy DeGuire, Dr. Joseph Woelfel, the Flower Heritage Foundation, and all of the volunteers. Senior Prom would not have been possible without you!

CSHP-Pacific Hits the Jackpot at Seminar 2012!

Heidi Cho

CSHP Secretary and Public/Media Relations

CSHP-Pacific members were the spotlight of the show on March 20. All the appreciation goes out to them for their help, contribution, and dedication allowing CSHP-Pacific to win the 2012 Chapter of Distinction Award, once again, for the second time in a row.

The new 2013 CSHP board members took on their first grand task of putting together the annual CSHP Membership Appreciation Dinner held at the UC Ballroom. With about 100 hungry members present, the event started with a buffet of pasta, salad, and fruits, which everyone greatly enjoyed

The successful meal continued on to a fun-filled time of icebreakers, which definitely got everyone involved and excited for the other games to come. Pharmacy school trivia was next and who knew CSHP members were so competitive? Everyone put on their thinking caps to answer some difficult questions on pharmacy-related topics, which then led to the traditional pill-counting game, as everyone knows, which pharmacists are the best at. Three rounds of intense “counting by fives” took place. Members were standing, staring, and counting those tiny candies hoping to finish before any other team. However, there was only one winning team and the

congrats went out to a team of first years. The night ended with a couple raffle prizes, consisting of gift cards from Cold Stone and Jamba Juice to gift baskets filled with movie tickets and treats, and picture time at the photo booth. The new board members gave each other a high-five, and another membership appreciation dinner was over.

As the year continues on, CSHP-Pacific thanks all its members and hopes for more excitement and involvement in all the events to come. CSHP-Pacific is continuing to grow as an organization and wants to encourage everyone to be more involved and share their ideas. To learn more about CSHP-Pacific, please visit www.pacific.cshp.org or check us out on facebook.



Photo by Randy Ly

Several first-years at the CSHP Member Appreciation Dinner

IPSF Presents Spanish Night!

Katrina Ordanza

IPSF 1st Year Co-Chair

Here in California, we are lucky to be surrounded by such a diverse melting pot of cultures and backgrounds. The Spanish-speaking population is particularly large throughout the Central Valley and our community. For this reason, IPSF has found great value in hosting its Annual Spanish Night for pharmacy students.

Our guest for the evening was Dr. Ed Rogan, a local pharmacist who learned Spanish from his co-workers in a Stockton pharmacy. He graduated from the University of Iowa School of Pharmacy in 1997 and moved to California soon after. Dr. Rogan has worked with IPSF for several years now to put on this fantastic educational event, and we were very happy to welcome him back. He had prepared a one hour Spanish lesson that focused on pronunciation, vocabulary, and patient counseling points in Spanish. The evening began with delicious meat and vegetarian tacos that were provided by Beto's Taco Truck. After everyone was content with their authentic Mexican tacos and Jarritos sodas, they settled down and were ready to learn some Español!

The class practiced pronunciation together, as well as translation of patient signs into Spanish. Dr. Rogan asked



Photo by Ally Hsu

Dr. Ed Rogan holds a Spanish lesson for Pacific pharmacy students.



Photo by Virginia Tan

The IPSF-Pacific family and Dr. Ed Rogan pose for a picture.

the class to translate signs such as, "Take one capsule by mouth twice daily for 7 days."

Although the one hour lesson did not turn everyone into fluent Spanish-speakers, students were able to improve pronunciation and take useful, pocket-sized vocabulary sheets

home. These sheets help to better prepare for health fairs and future consultations. We look forward to welcoming Dr. Rogan back next year, when he can bring humor and fun into our Spanish lesson once again.

Pharmacy Students Take Field Trip to Cardinal and Parkside Pharmacy

Ronak Delvadia

NCPA VP of Public Relations

Pacific pharmacy Students traveled to Cardinal Health Distributors in Elk Grove and Parkside Pharmacy in Sacramento on March 14. The field trip was hosted by Dr. Ed Sherman and was open to students taking his entrepreneurship elective and NCPA-Pacific members.

At Cardinal Health Distributors, students witnessed how medications are stocked in large quantities and the procedures that take place before medications are sent to other pharmacies. This field trip offered a unique experience because students had the opportunity to explore a large-scale warehouse. In addition, a tour was offered by a Cardinal representative who shared how the warehouse functions, such as how far the lift truck can come in and how it loads the medication. NCPA president James Wong stated, "It was definitely a worthwhile experience and I strongly encourage others, especially those interested in entrepreneurship, to take this trip to gain insight on how a warehouse distributor functions."

After visiting Cardinal Health, students traveled to Parkside Pharmacy, which is owned by previous NCPA



Photo by James Wong

Dr. Guo along with first and second year pharmacy students listen to a Cardinal representative during the tour of the facility.

business plan competition winner, Dr. John Ortego (Pacific '06). Dr. Ortego modeled his pharmacy after the very own business plan he constructed as a pharmacy student. Parkside Pharmacy expands its services beyond a traditional pharmacy by offering spa services and compounding, including hormone replacement therapy and veterinary medicine. Dr. Ortego inspired many students after a previous speaker event at Pacific, so it was a great pleasure to visit Parkside Pharmacy and experience

what it has to offer first hand. Dr. Ed Sherman, a successful entrepreneur himself, was able to show students a different perspective of pharmacy through this field trip. Students were able to see how pharmacy is a career that has so many options and how community pharmacy is not only defined as working at CVS or Walgreens. Overall, the trip received positive feedback from students as they described it to be "fascinating" and "beneficial."

Pushing Boundaries

Shannon Shea & Christopher Joe

NCCCP 1st Year Co-Chairs

Throughout the school year, the Northern California College of Clinical Pharmacy (NCCCP) Committee has played a huge role in providing patients with Asthma/COPD screenings at Medicare Part D and ASP Health Events. These screenings are vital to the health of our patients and we have played a key role in patient care, especially in the geriatric population. While NCCCP continues to provide these screenings for patients, the NCCCP Committee has also reached out to our students in an attempt to broaden their awareness about an ever-growing field – clinical pharmacy.

Many Pacific pharmacy students are interested in clinical pharmacy and wish to learn more. To answer these requests, the NCCCP Committee along with the California Society of Health-System Pharmacists (CSHP) co-hosted our very first Ambulatory Care Event Night, which featured Dr. Nicholas Baker (Pain Management and Anti-Coagulation) and Dr. Lalit Ahuja (Medication Therapy Management, Oncology, and Anti-Coagulation). Both of these pharmacists are Pacific alum and have attained successful, rewarding careers in the

Ambulatory Care setting. Dr. Lalit Ahuja was able to speak about his day-to-day schedule. Interestingly, because his day depends on the needs of his clinic, no one day is ever the same. Dr. Nicholas Baker spoke about his multi-disciplinary care management team in the pain clinic that included not only physicians, but a plethora of healthcare providers – nurse care managers, psychologists, and

Following their presentations, both clinical pharmacists were able to answer student questions regarding the new FDA policies, the future of Ambulatory Care pharmacy, and the qualities that students need to excel.

While NCCCP has succeeded in providing students with novel information regarding clinical pharmacy, NCCCP continues to pursue excellence by



Photo by Randy Ly

From left to right: Kim-Anh Vo, Saher Taha, Sadee Tran, Randall Mello, Christopher L. Joe, Dr. Nicholas Baker, and Dr. Lalit Ahuja

physical therapists. Along with the pain clinic, his role in the oncology clinic involves providing patient care by the dispensing and verification of antineoplastic drugs, and infusion therapies for patients with rheumatologic and neurological conditions.

collaborating with the NCCCP chapter at the University of California, San Francisco. In the near future, both student groups hope to have a collaborative event that would benefit all students.

SECTION II

Pharmacy School Committees

Saving Lives - One Swab at a Time

Karafaye Buffa

ACS 1st Year Co-Chair

The American Cancer Society Committee marched into an exciting and busy month and is hard at work getting ready to swing into the spring events. ACSC successfully hosted their annual Leukemia and Lymphoma Symposium & Bone Marrow Registry on March 5. Guest speakers Dr. Jacque Lohmeier and Vicki Wolfe shared their personal stories, including trials and triumphs in finding their match and beating leukemia, to over one hundred attendees. The symposium provided information about the growing need of donors to increase the chances of survival for many patients. In addition, it exposed how health care providers and technology advances have shaped the bone marrow

donation process to be as convenient as possible in order to save a life. Their reflections on being survivors and now advocates were influential and compelled several students to register as bone marrow donors. Through Be the Match Registry and with the help of the KY brothers, over 60 new registrants were added in the hopes to further diversify the bone marrow registry. The incredible need for donors demonstrates a way that we as students and medical professionals can take 5 minutes to get a cheek swabbed and potentially save someone from suffering with leukemia or lymphoma.

This month has been a great success for ACSC and will continue as we make further strides towards raising awareness for cancer. ACSC attended the VNCARES health fair and will be attending several upcoming health fairs

as well. We provide take home information for preventative measures, in addition to educating patients on the importance of getting screenings, doing self-exams, avoiding risk factors for cancer, and sun safety. Lastly, the American Cancer Society Committee is getting excited about hosting upcoming Relay for Life events and raising even more awareness to save lives from cancer!

Section II

American Cancer Society	11
Alternative and Integrative Medicine	11, 18
Children's Awareness	12
Drug Awareness Committee	12-13
Operation Diabetes	13-14
Operation Heart	14-15
Operation Self-Care	15
Student Industry Association	16
Student Pharmacist Advocacy Coalition	17
VNCARES	17, 19

AIMRx: Educating Goes A Long Way

Jeniffer Tang

AIMRx 1st Year Co-Chair

In the past couple of months AIMRx was involved with several different events such as collaborating with

Scott Heaton on the Muir Garden project and participating at the VNCARES' 6th Annual Pacific Family Health Fair.

The Muir Botanical Garden located on the

undergraduate side of University of the Pacific, will serve as an educating ground for potential medicinal plants. AIMRx, the School of Engineering and Computer Science and the Conservatory

AIMRx (Continued on page 18)

Engaging with the Children of the SALUD Outreach Health Fair

Lauren Kato

CAC 1st year Co-Chair

A few weeks ago, CAC was fortunate enough to be invited to participate in the SALUD Outreach Health Fair, where we hosted a booth catered specifically to the children of those who attended the event. During the first SALUD event, it was well-noticed that because of the large turnout, lines formed inevitably as participants waited to be screened. Many children stood by their parents as they waited in line and because of this observation, our presence at the second SALUD event turned out to be a success. Our booth served as a central area where the kids had the opportunity to color in coloring books, construct with Play-Doh, sketch in drawing pads, and have someone to talk to. It was great because it served as a friendly reminder of what it is like to be young again. The simplest activities amused the kids for a surprising amount of time, and all of us had fun

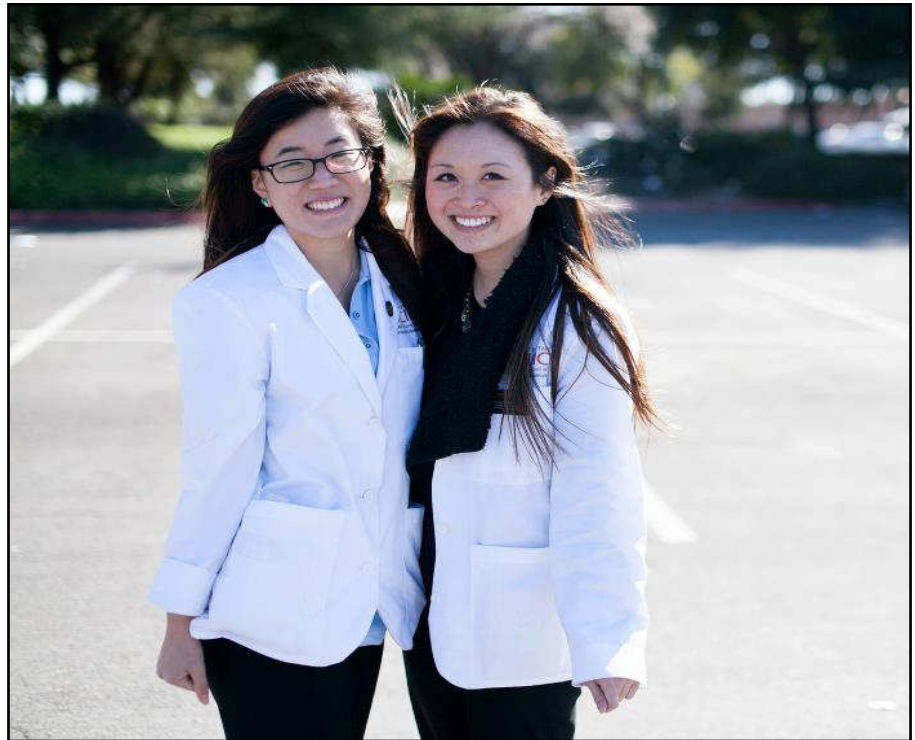


Photo by Chris Chang

From left to right: Jina Choi and Lauren Kato (both 1st year CAC Co-Chairs)

ourselves! It was amazing to see how outgoing and comfortable they were with us—many had us racing them around the table (and keeping a tally of course), helping them sketch restaurants and pizza parlors, performing a survey on the favorite foods of everyone at the booth, and

even chasing a piece of paper that kept lying around because of the wind. The weather was entertaining, the kids were laughing, and the parents were very appreciative. Overall, it was a wonderful experience.

DAC Visits Edison High School

Karen Nguyen

DAC 1st Year Co-Chair

On January 25, DAC visited Edison High School to educate 10th graders about prescription drug abuse through the Generation RX Program. The presentation serves to show the

students that the abuse of prescription drugs is a growing problem among teenagers. The purpose is to raise awareness of drug overdose and how it is the second leading cause of accidental death in the United States, behind motor vehicle accidents, and 95% are caused

by prescription medications. We spoke to the students about Ryan Haight's story to show the prevalence of hundreds of internet pharmacies selling controlled prescription drugs without a valid prescription. We continued to inform them about

DAC (Continued on page 13)

DAC (Continued from page 12)

the danger of prescription medications, by showcasing startling statistics and trends. At the end of the presentation, the class was divided into teams to play a game of Generation RX Family Feud. The students were very interactive and showed great interest in the topic by participating answering the trivia questions. We provided DAC Generation RX sunglasses to the classroom and teacher after the presentation. The event was very successful and DAC is hoping to visit more local high schools this semester!



Photo by Daniel Kim

Lauren Epperson and Alan Chang engaging the 10th graders at Edison High School during a game of Generation RX Family Feud.

Operation Diabetes Leaves the Community with More Than a Finger Prick

Chihara Talavera

OD 1st Year Co-Chair

As the 2012-2013 school year progresses, Operation Diabetes (OD) continues its efforts to provide the community with valuable services, not only through blood glucose and HbA1c screenings, but also through education about diabetes and ways to reduce the risk of developing the disease. The organization has been fortunate to be invited to a large number of health fairs, providing the opportunity to make a difference in the lives of the patients. The Kaiser-sponsored Thomas J. Long School of Pharmacy and Health Sciences Comprehensive Community

Health Clinic, which took place on campus on March 9 furthered OD's commitment to serve the community.

The Comprehensive Community Health Clinic was unique in that it brought together the various arms of Thomas J. Long School of Pharmacy and Health Sciences including dental hygiene, physical therapy, and pharmacy. It was also a novel experience to OD in that it had partnered with Operation Heart (OH) in providing blood glucose and cholesterol readings in one screening; using the monitor that Dr. Veronica Bandy had purchased, the patients avoided multiple finger pricks as the new monitor delivers both readings from the same

blood sample. In collaboration with OH, OD screened 70 patients, one of whom qualified for a HbA1c reading. The new protocol gave OD more time to counsel and educate those who came to the health fair about the pathophysiology of diabetes, the risk factors, and lifestyle changes in order to reduce their risk for developing the disease, or to manage their diabetes better if they had been diagnosed. As the organization continues with its educational efforts, blood glucose and HbA1c screenings will continue to be offered as these services are among the most valued by the community, supported by the large number of patients screened at health fairs. As the organization

OD (Continued on page 14)

OD (Continued from page 13)



Photo by Christopher Joe

First-year student Tiffany Tou and Dr. Suzanne Galal educate a patient on lifestyle changes for diabetes management.

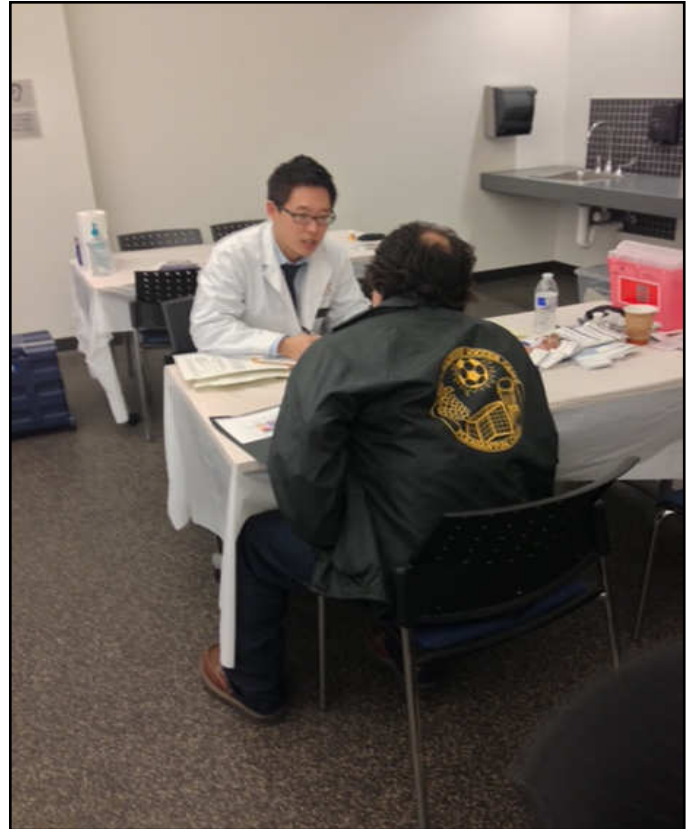


Photo by Christopher Joe

Second-year student Eric Suh speaks to a patient about diabetes risk factors

progresses through the rest of the year, OD will continue its commitment to not only

providing blood glucose and HbA1c screenings but also its commitment to educate in the

effort to build a healthier community.

Operation Heart Cares

Danny Luu

OH 1st Year Co-Chair

The weekend of March 9 was a big weekend on Operation Heart's calendar. Back to back health fairs in Stockton, one with Kaiser and one with VNCARES. There was a modest turnout at the Kaiser Health Fair, but the VNCARES Health Fair was a different story. At VNCARES Health Fair, which was held at

St. Luke's Catholic Church in Stockton on March 10 Operation Heart screened 134 patients for blood cholesterol and blood pressure, which are both key monitoring parameters for heart attack and stroke. To put the volume of patients into perspective, the health fair lasted 4 hours and each patient had to go through paperwork, a cholesterol screening, a blood pressure screening, and a

consultation, which includes lifestyle modification suggestions and a cardiovascular assessment. If one person had to screen all 134 patients in 4 hours it would only allow for 2 minutes per patient. Fortunately, Operation Heart had a good team of dedicated student pharmacists making sure everything went smoothly when there were 6 screenings going on at once, and a

OH (Continued on page 15)

OH (Continued from page 14)

complete and thorough screening service was given to each patient. The patient population was diverse, ranging from strictly Spanish and Vietnamese speaking elderly patients to younger English speaking adults in their early 30s. No matter what the background of the patient, the Operation Heart team made sure each patient was as comfortable as possible, through the use of translators for the patients who didn't speak English and just a warm and supportive environment for all patients.

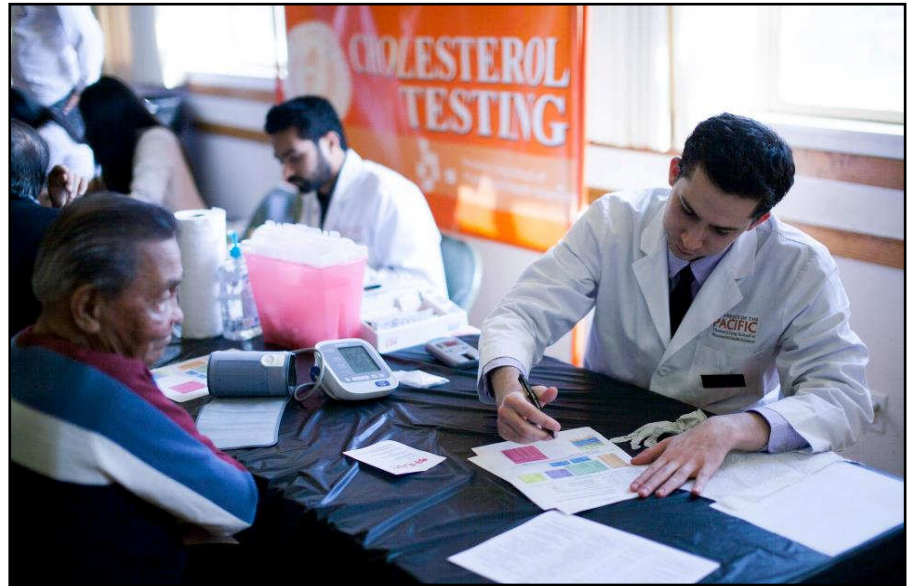


Photo by VNCARES Facebook Page

2nd years, Anup Patel (left) and Matthew Guerrero (right) both provide cholesterol screenings to their respective patients.

Expanding Our Horizons

Garry Wu

OSC 1st Year Co-Chair

With the new APhA guidelines for Operation Heartburn (now known as Operation Self-Care), our committee has been dedicated to expanding our education from heartburn into other self-care topics. We worked together to formulate new modules, Vitamin/Mineral and Wound Care Education, to our already existing Heartburn Education in hopes of helping the community understand topics of self-care. Also, OSC has started a new screening process, allowing us to pinpoint various triggers of heartburn and offering an in-depth analysis of patients symptoms.

Using our new knowledge and modules, we have started to reach out to the community.

At the VNCares Health Fair at St. Luke's Catholic Church in Stockton, OSC displayed their new poster boards, knowledge, and the screening process. We have enrolled into the Relay for Life in Stockton, which allows us not only to spread our knowledge, but also to raise money for the American Cancer Society. Our committee also wanted to reach out to the undergraduate campus and hold a booth at the University Center. We feel that we can connect to the undergraduates on a more personal level and inform them about various self-care issues that college students experience, such as nutrition and OTC products.

All in all, Operation Self-Care wants to continue our overall education of the public and expand our horizons. With the new screening process and

a broader area of expertise, our committee is dedicated to the well-being of the community and will continue to strive for excellence.



Photo by Justine Lee

1st year Project Manager Stephanie Lee screening a patient at the VNCares Health Fair in Stockton, CA.

Opportunities for Pharmacists in Pharma/Biotech Industry

Melody Tran

SIA Communications Officer

The Student Industry Association (SIA) is the first student organization at Pacific to focus on exploration of careers in pharmaceutical and biotechnological industry. We strive to expose students at Pacific to career options outside of retail and hospital pharmacy, in a field of pharmacy that is often overlooked.

At SIA's first speaker event of the semester, Dr. Ramesh Bangalore from Knopp Biosciences discussed different roles that Pharmacists can have in industry, with a focus on Medical Affairs. The Department of Medical Affairs functions to communicate clinical and scientific information from the company, and is the most common functional area for

pharmacists. Functions within this department include Drug Information, Medical Communications, Health Economics/Outcomes Research, and Medical Science Liaisons (MSLs).

The Drug Information Department is the primary source for product information, and is responsible for responding to field inquiries from healthcare professionals regarding appropriate use, indications, adverse effects, storage conditions, and other drug-related questions. Medical Communications creates written and verbal content disseminated proactively by the company about products, disease states, and clinical trials. This includes website content, posters, articles, white papers, and CME symposia. The Health Economics/Outcomes Research department

communicates pharmacoeconomic data to demonstrate value of specific products and therapies, and provides support for securing reimbursement by Managed Care Organizations. The last function that Dr. Bangalore discussed was that of the Medical Science Liaison (MSL). MSLs travel significantly and are aligned by geographic territory, therapeutic area or products supported. They serve as the primary contact with Key Opinion Leaders (KOL) at academic centers and community practice groups, as well as provide support to Clinical Development, Marketing, Sales, Public Affairs, and Patient Advocacy.

These are just a few of the excellent opportunities in pharmaceutical and biotechnological industry for pharmacists, with room for vertical growth as well as lateral growth. Be sure to attend SIA's next event to learn more about roles for pharmacists in industry!



Left: Students learn about different career opportunities in industry as Dr. Ramesh Bangalore discusses the role of a Medical Science Liaison

Photo by Amy Chen

Student Pharmacists “Make Their Mark” at APhA Annual 2013

Lauren Jennings

SPAC 1st Year Ambassador

Student Pharmacists representing over 100 APhA-ASP chapters throughout the US gathered in Los Angeles, California March 1-4 to gather their collective voice on issues ranging from expanded immunization privileges to the development of financially sustainable transitional care models. The beautiful thing about APhA-ASP Annual Meeting is the opportunity to be a part of the policy process. Just imagine, an idea that

starts in the mind of one student, spreads through one chapter, is expressed to a whole region and then to the collective body of students at the APhA-ASP Annual meeting. This process represents the power of One Voice and what must occur going forward to expand our scope of practice as a profession, ultimately to benefit our patients.

APhA Annual meeting also provides Student Pharmacists with an opportunity to gain a national prospective on pharmacy.

Whether walking through the expo with hundreds of different vendors, or sitting in on a continuing education session featuring MTM, the ability to see what's new and fresh in every corner of pharmacy is invigorating. This perspective has the potential to fuel our profession to greater heights. The key is in using these experiences, perspectives, and energy to join our efforts into One Voice, advocating for the bright future ahead of us, as pharmacists.

Pacific Family Health Fair

Stephanie Ham

VNCARES Public Relations

The VNCARES Committee organized the 6th Annual Pacific Family Health Fair which took place on March 10, at the St. Luke's Catholic Church. We spent months planning, contacting vendors, organizing volunteers, advertising and much more to ensure a successful health fair.

We started off the semester representing Pacific and VNCARES at Stockton's 35th annual Chinese New Year Parade. On the day of the event, we lined up with other Stockton organizations and paraded through the streets of downtown Stockton, passing out fliers and informing the spectators about our upcoming health fair.

According to Thuan Tran, the first year external co-chair, “This was a great opportunity to reach out to the Stockton community and inform them about what VNCARES and TJL School of Pharmacy and Health Sciences have to offer the community.”

Not only did we spend time reaching out to the Stockton community, but we also went to schools in the Lodi, Lincoln, and Stockton Unified School Districts to promote our Art and Essay Contest. This year the students were asked to write an essay or present a work of art that describes “who is your hero, and how have they inspired you to be healthy and strong.” We spent countless hours going over more than one hundred entries. It was quite the task selecting the

winners, but a challenge we gladly accepted. During the Pacific Family Health Fair, VNCARES with the help of Dean Philip Oppenhiemer, Dr. Nancy DeGuire, Dean Brigid Welch, Dean Lynn Beck, and Provost Maria Pallavicini were able to proudly present twelve students a certificate and a cash prize. Although this contest was meant to inspire and motivate the children of Stockton to be healthy, “We found that reading the entries have inspired us to continue to be healthy and advocate for our profession of pharmacy,” said Wayne Chen, first year internal co-chair.

The Pacific Family Health Fair was an event for all ages. Not only did we have the Art and Essay Contest for the

VNCARES (Continued on page 19)

AIMRx (Continued from page 11)

are collaborating in order to generate a potential mobile application to aid hikers as they travel down the Muir trail. AIMRx's committee members researched the medicinal properties and adverse effects of these plants. Scott Heaton is also hoping to further extend the information to a journal in the medicine or "outdoor" style genre.

In March, AimRx attended VNCARES' 6th Annual Health Fair where the pharmacy students educated participants about the DASH diet and the type of information to look for on a Natural Supplements bottle. At the DASH diet panel, participants received visual presentation of the maximum

and minimum amount of salt intake per day. The pharmacy students also taught the participants how to read the labels on canned goods. The participants found it very shocking when they discovered that there was approximately 3500 mg of sodium in a can of soup, which exceeds the daily maximum intake of sodium. In addition, recipes were given out to participants as an alternative method to decrease the amount of sodium in their diet. The information presented impacted several participants as they told us about their own health situation or that of their families. According to I-Hsuan, a first year project manager,

"Many people were very impressed by our information about natural supplements and DASH diet. They asked for our brochures and took pictures of our poster displays. After being educated by us, one lady even brought her family over, educated them in Spanish, and had questions for us. We felt rewarded that our words spread out and would eventually improve at least one family's quality of life."

Participation at health fairs is a way for the student pharmacist to reach out and impact the community in ways which can't be done through school alone.



Photo by Joanna Rao

Student pharmacists at the VNCARES' 6th Annual Pacific Family Health Fair. (Left to Right): Bryan Lian, Maria Balallo, Jeniffer Tang, and I-Hsuan Hsu

VNCARES (Continued from page 17)

children, but there were plenty of other activities in the Kids' Corner. Some included reading with Book Buddies, taking pictures with PowerCat, touring Stockton Fire Department's fire truck, learning about healthy eating and much more. These activities kept the children occupied while their parents and guardians were perusing

the many education booths and screenings put on by many of Pacific's and local Stockton organizations. This year we are excited to say that the Pacific Family Health Fair attracted around 440 attendees. Out of this, 56 patients received dental screenings, 5 received medication reviews, 4 medication assistance, 77 bone

mineral density screenings, 8 smoking cessation, 25 asthma screenings, 134 blood pressure and cholesterol screenings, 170 diabetes screenings, and 13 anemia screenings. We are excited to continue to grow this event and look forward to reaching out to the Stockton community through our future Health Fair during the summer.



Photo by Joanna Rao

Robert Liu and Sinh Le educating a patient on bone mineral density screenings.

SECTION III

Professional Pharmacy Greek Organizations

Bridging the Past with the Future

Jason Kim

KY Historian

Since the month of December 2012, the Gamma Nu chapter was extremely busy in rushing potential brothers for the pledging season of spring 2013. The theme of Gamma Nu's spring rush focused on the high standards that the chapter upholds, while stating boldly that our brotherhood was second to none.

In January, two of the three rush events took place. The first event, a Casino Night, had potentials and brothers playing together with poker chips in friendly card game competitions. With actual casino-style dealers, the night lasted for a couple of hours. No actual money was wagered, and the winner of the night received a \$30 Best Buy gift card on behalf of the Gamma Nu chapter.

The second rush event, titled Sports Night, involved a night of athletics where the brothers participated in recreational sports together like basketball and dodgeball. All the brothers had a great time mixing with the potentials and hurling dodgeballs at each other, or taking each other on in a five-



Photo by Rush Dinner Attendee

Brothers (left to right) Eric Wang, David Chang, Kristian Park, Michael Sun, Alan Phan, Jason Kim, and Henry Quach at Rush Dinner 2013.

on-five basketball match. As sweat dripped onto the wooden floors of the gym, everyone was having a great time.

The third rush event in February featured a prestigious invite for the potentials to attend the Gamma Nu chapter's annual Rush Dinner banquet. Over 100 alumni from all around California and the United States came to reminisce and catch up with their brothers, both young and old. The dinner

KY (Continued on page 21)

Section III

Kappa Psi	20-21
Lambda Kappa Sigma	21-22
Phi Delta Chi	22-23
Rho Pi Phi	23-24

KY (Continued from page 20)

banquet was held at the Stockton Country Club, a luxurious venue that impressed both alumni and potential brothers. The night included a full schedule of guest speakers from Gamma Nu collegiate alumni, as well

as eminent and successful representatives like Dean Philip Oppenheimer, who spoke on behalf of the Thomas J. Long School of Pharmacy to support the Gamma Nu chapter and its endeavors.

As the pledging season

started on February 25, the Gamma Nu chapter prepared the Rho Class to be initiated at the end of the four-week pledging period. Time will only tell how the Gamma Nu chapter will shape these future brothers of Kappa Psi.

Winter Semester Update with LKS

Michele Louie

LKS Corresponding Secretary

As the second semester of the school year picked up with quizzes, assignments, and lots of notes to go over, the sisters of LKS made time for one of the most exciting events of the semester- recruitment!

The three weeks of recruitment started off quickly for LKS, with our first recruitment event being held the second week back at school from winter break. The event was a Hawaiian themed speed

dating event, giving the sisters and the potentials the chance to get to know one another and talk about all the exciting things that they did over break. The second event was Carnival themed, with fun games stationed around the entire room. Everyone was split up into separate groups and a prize was offered to the winning team, putting a competitive spin on the games. Our third invite event, "Wine and Cheese," did not have any games but gave everyone the chance to dress up in their best

outfits. Potentials and alumni alike attended the event, where everyone was able to talk about the past, present, and future of LKS. It was a wonderful event, capped off with great speeches given by our faculty advisor, Dr. Rahimian, and a few of our alumni.

In addition to the recruitment events, we held our annual Women's Health Week from March 11 to 15. Women's Health Week is held every year and is open to everyone to attend. During Women's Health Week the sisters educate people on issues that particularly affect women. For example, the first-year sisters gave an informational presentation about gestational diabetes and how it affects women. Other events held that week included an entertaining and informational presentation by Dr. Neelesh Bangalore about ovarian cancer. Dr. Bangalore received a lot of positive feedback and we hope to have him back next year to tell us more about women's health. We also hosted a self-defense



Photo by Alyssa Namba

A big thank you to Dr. Bangalore for taking time out of his day to give a presentation on ovarian cancer during Women's Health Week

LKS (Continued on page 22)

LKS (Continued from page 21)

class to teach the basics of self-defense. Lastly, we collected items for the Stockton women's shelter throughout the entire week.

Women's health is not the only thing that the sisters of LKS focus on, however. During the winter 2013 semester we began planning our second annual Hygeia Health Fair, which was held on May 5 at

First Baptist Church in Stockton. This health fair was open to everyone in the Stockton and the surrounding communities. We reached out to those in need and provided them with free screening services which many might not have been able to afford.

One last important and very fun event that the sisters of LKS attended was retreat!

This year the sisters were able to escape the city life and relax at a cabin in Twain Harte. We learned a lot more about each other and bonded over our shared experiences in LKS. Everyone had a really good time and got to relax away from school and Stockton. Maybe next year we'll be even more adventurous and go camping!

Phi Delta Chi: Loud and Proud

AnnMarie Magnasco

PDC Public Relations Chair

The pride and devotion of Phi Delta Chi is extraordinary, and during winter 2013 that passion was even more obvious. During those few months, brothers participated in events that fortified their fraternal bonds and clearly exemplified their commitment to fraternity goals.

As a brother grows with the fraternity, their meaning of brotherhood becomes more profound. It does not take long to learn that their fraternal support extends beyond the Alpha Psi chapter. This became more real to brothers when they attended the first Big Blu, a Phi Delta Chi brotherhood retreat for the Pacific region. Hosted on the weekend of January 18 in Lake Tahoe, Big Blu featured over a dozen chapters, including 35 Alpha Psi brothers. Brothers enjoyed themselves by socializing at an Angry Bird-themed event, dining on an elegant cruise, and snowboarding on the

slopes. It was clear that weekend that Phi Delta Chi brothers were making lasting memories.

In the same month, brothers were also fired up for this year's rush season. From backyard barbecues to the pool hall, brothers were able to get

to know many potentials at these rush events. The final rush event was an invite dinner held at the Stockton Golf and Country Club on January 25. This rush dinner was a classy and professional event that along with potentials, welcomed an



Photo by Scott Harada

Brothers Andrew Shin, James Lee, Julia Chen, and Gilbert Chung at rush dinner

PDC (Continued on page 23)

PDC (Continued from page 22)



Photo by Heidi Chung

Runners getting ready for the race!

impressive number of Alpha Psi alumni and Gamma Iota brothers. Those that were visiting were very pleased to see that the rushing process brought in such a qualified group of potentials. From dinner conversations to the heartfelt words spoken by both alumni and collegiate brothers, the potentials were given a glimpse of Alpha Psi's brotherhood and leadership.

Brothers also stayed focused on philanthropic goals and hosted their very first color-filled 5k run on March 16 to raise funds for St. Jude Children's Research Hospital. With a great turn-out and a lot of enthusiasm about the event, Phi Delta Chi was able to raise roughly \$1200 to go to St. Jude's.

A few days later was the Rho Chi Talent Show.

Following the circus theme, this year's pledge class put on an amazing performance full of comedy and creative choreography. Brothers also came out to support Brother Tina Le who sang in a number that represented all 4 pharmacy organizations. With much cheering and support, Phi Delta Chi brothers truly demonstrated how proud they are of their fraternity.

APhA Conference: Bringing Rho Pi Phi Brothers Together

Ji Seong Lee

RPP Rope Links News Reporter

After all the hectic schedules of midterms put behind, some of the brothers from the Rho Pi Phi chapter at

Pacific attended the APhA National Pharmacy Conference. At the conference, we met up with brothers from two other Rho Pi Phi chapters from Midwestern University and California Northstate

University. This event was held for the different chapters of Rho Pi Phi to share what they have been doing and what they planned to do in the future

RPP (Continued on page 24)

RPP (Continued from page 23)

Photo by Marian Awad

Having a good time at the conference!

at their respective schools. They talked about the different types of fundraising and community outreach events that they held this past year as

well as what worked well and what could be improved for the future. The chapter from Pacific shared how we planned and organized our very first

own health fair in the Stockton community. We also shared stories about our various rush events and realized that a lot of Rho Pi Phi's rush events are centered around eating. Even at the conference, all the brothers bonded by eating, and during the meal the brothers were able to bond more personally and develop strong bonds with each other. The APhA National Pharmacy Conference was an excellent opportunity to gain new ideas to incorporate for future growth in building Rho Pi Phi to new heights. Kimberly Kwok, a Rho Pi Phi brother from Pacific stated that "It was overall a very nice gathering. It put a smile on my face."



Photo by Marian Awad

RPP brothers at the conference